

Katherine's 'delight' at spending Xmas at home

by Rob Smyth
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CHRISTMAS will mark another milestone for Katherine Sinfield who is recovering following a bone marrow transplant to cure her of leukaemia.

The 33-year-old, who is the wife of Mail journalist Stephen Sinfield, said she was thankful to be home for the festive season, but didn't expect to be doing much in terms of partying.

The teacher is recovering from a bone marrow transplant which she had to undergo after she was diagnosed with leukaemia.

Katherine said: "You can read as many guide books as you like on life post-transplant, but nothing can prepare you for the reality. Life is hard – very hard."

Katherine was discharged from hospital following her stem cell transplant on Thursday, November 21, and quickly found out the hard way how difficult life could be outside the hospital ward as she was re-admitted with a high temperature for another five-day stay on Monday, November 25.

She added: "I had my transplant at the end of October and I'd have to say that the process was far easier than I expected."

"Despite undergoing chemotherapy and total body irradiation, the process wasn't as

bad as I expected.

"But if you ask me how life is now I am at home, I'd have to say that nothing can prepare you for what is proving to be a very difficult time.

"It never dawned on me how hard it would be post-transplant.

"I'm absolutely shattered most of the time and find myself so reliant on the 24/7 care Stephen is administering.

"I wake up each morning with a wish list of tasks I would like to complete, but within an hour or two, I am drained. I have to sleep so much and my appetite has drastically dropped.

"I've been told by people who have been through this process that things do improve over time, but this is a very slow process.

"It's likely to be nine to 12 months before I am anything like what I was before the transplant.

"Therefore, Christmas this year for me, will have to involve a large element of resting and sleeping.

"But I wouldn't swap where I am for anything.

"My discomfort now is a small price to pay for a process which has hopefully cleared me of all of the leukaemia.

"My mystery donor delivered me the best Christmas present imaginable this year and I really cannot thank them enough for that."



HOME FOR CHRISTMAS . . . Katherine Sinfield will be spending Christmas at home this year.



Send your messages of support and best wishes to Katherine online at:
burtonmail.co.uk

Plea for people to become part of the donor register

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organ donation.

"Thirty-five people in Staffordshire have received a lifesaving transplant from a donor this year.

One of those people saved was Burton teacher Katherine Sinfield, who formed the basis of the Mail campaign which urged people to 'Take Five

Minutes' to register to be a blood and organ donor. The 33-year old was told that a bone marrow transplant was the only way which she would beat a diagnosis of leukemia.

She said: "I received the best Christmas present anyone could wish for on October 29 – the day I received a bag of cells from an unknown donor.

"Unfortunately, for some, that Christmas present which they so desperately long and hope for, never arrives. But this isn't a present they can buy in the January sales. Not receiving this vital present is quite simply, a life and death balancing act.

"Wouldn't it be good, if everyone who is hoping for that lifesaving pre-

sent – be it blood, bone marrow or an organ – receives exactly what they need. Instead of sending your details to Santa, stick your name on the donor register and help Santa deliver those presents which are so vital."

To join the register, visit www.organdonation.nhs.uk or call 0300 123 23 23.

Burton doctor gives advice on virus

PEOPLE are being urged to spot the signs of the norovirus, and to know what to do about it, including not going to their GP.

Cases of norovirus usually rise considerably during the winter months.

Burton-based GP, Dr Charles Pidsley, chairman of East Staffordshire Clinical Commissioning Group, said: "Principal symptoms can be vomiting, which can be the projectile type which can be quite violent and scary, and watery diarrhoea. Some people may also have a temperature, headache and stomach cramps. Although it is very unpleasant it is generally short-

lived, and you don't need to visit the doctors. In fact, because the virus is so contagious, I would ask people to stay away for the sake of other patients.

"Doctors cannot prescribe anything that will cure norovirus and the most important health advice is to take plenty of drinks as the illness can cause dehydration because of the fluids lost.

"I would really like to emphasise that people who think they have norovirus should not go to hospital as they could contribute to outbreaks that can cause severe problems to people already ill as well as closure of wards and add to winter pressure."



ADVICE . . . Dr Charles Pidsley says people with norovirus do not need to see their doctor.

Housing figures on the increase

LATEST figures show the number of homes being registered in the East Midlands have risen significantly in the last year.

A total of 2,831 houses were registered between September and November this year – up from 1,659 in the same period last year, according to a report from National Housing Building Council.

It was a similar story in the West Midlands where the number of registered homes increased from 2,053 in September to November 2012 to 2,897 in the same period in 2013.

The building council's commercial director Richard Tamayo said: "As the year draws to a close the industry can look back on what has been an overall upbeat year for the sector where we have seen a return of genuine confidence."



Bethany Botterill

Year Eight pupil who recently won karate medals in an international tournament.

Born and bred:

I was born on May 12, 2001 in Leicestershire and I am a Year 8 pupil at Ivanhoe College, in Ashby.

Hobbies:

My hobbies include karate.

Favourite book:

My favourite book is Diary of a Wimpy Kid.

Favourite film:

My favourite film is Hairspray.

Favourite food:

My favourite food is pizza.

Proudest moment:

My proudest moment is getting a gold medal in Holland for weapons during the ATO international Tang Soo Do tournament. I also got silver in kata which is a Japanese word describing detailed choreographed patterns of movements practised either solo or in pairs.

Most embarrassing moment:

My most embarrassing moment is falling over while grading.

Biggest inspiration:

My biggest inspirations are some of the female instructors in karate at the moment.

Hopes for the future:

My hopes for the future is that I would like to be a fitness instructor when I am older.

Biggest/best achievement:

My biggest achievement is winning medals in Holland. I recently took part in the ATO international Tang Soo Do Tournament held in Rotterdam, Holland. I competed against other European countries including Germany, Holland, Italy and Greece, as well as America, I won gold in weapons and silver in kata. Tang Soo Do is a Korean martial art incorporating fighting principles.

If you ruled the world:

I would stop war, get rid of drugs and be a fitness instructor.

Pet hate:

I hate spiders, snakes and insects.

Greatest love:

My greatest love is karate.

Favourite belonging:

My favourite belongings are my belts in karate.

Perfect night in/out:

My perfect night in is Facetime with my friends, and my perfect night out is doing karate.

What will your epitaph say?

It would say 'The best karate girl and we will not forget her.'